

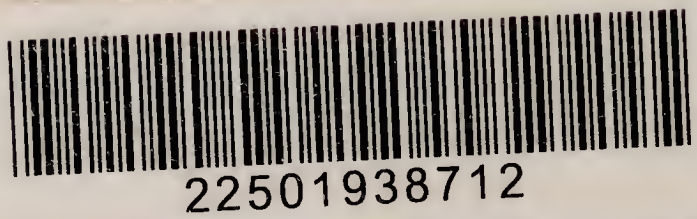
The Kissingen and Vichy Treatment for Over-Fatness.

HYGEIA

By

William T. Cathell, A.M., M.D.,

of Baltimore.


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ESSAY

on

A Reliable and Harmless way to Diminish and Cure Over-Fatness.

BY

WILLIAM T. CATHELL, A. M., M. D.
OF BALTIMORE.

[*Read at the Ninety-Ninth Annual Meeting of The Medical and Chirurgical Faculty of the State of Maryland.*]

REPRINTED BY

ALFRED BISHOP, LIMITED.

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Mr. Chairman and Gentlemen:

Before all else, I shall state that I have neither medicine to sell, secret to extol, nor scheme to make money out of the public; as "Eureka" titles like this are apt to suggest, but, agreeing that every addition to true knowledge is an addition to human power, I intend to lay before you, to-day, the result of nearly five years' observation upon a reliable and harmless way to remove over-fatness and the evils it creates.

A FEW FACTS ON THE SUBJECT OF FAT.

That you may have a clearer conception of what is to follow, I shall first remind you that, by the natural law of proportion, fat should constitute about the one-fifteenth or one-twentieth of one's weight, and that a person may vary ten or fifteen pounds either way, from the standard of weight to height, without its being significant of either discomfort or disease; also, that a certain quantity of fat is a blessing, as it not only improves personal

appearance, but is necessary to protect the various organs and to maintain their temperature ; and also to serve as nutrition in time of need. For these purposes it is stored in cells in various parts of the body, but more plentifully in some regions than in others.

If any one has a much less proportion than one-twentieth : leanness, lankiness, or emaciation is observable ; a very much greater proportion than one-ninth or one-sixth, constitutes corpulence, obesity or over-fatness, and although stoutness, to a moderate degree, is considered an element of good health and indicative of the successful working of one's physiology, yet, fatness alone is a very poor criterion of health, but, on the contrary, it is an element that possesses the power for serious mischief, because a very great amount of fat necessarily creates heaviness, impedes respiration, circulation, locomotion, digestion and other vital functions, to such a degree that the person who carries such a load of bulky ballast is more burdened than blessed.

In very fat persons, all the cellulo-adipose structures are filled to distension, more noticeably about the subcutaneous tissues, the breast and the abdominal walls ; also in the omentum and mesentery ; on the surface of the heart, and about the kidneys ; and if this morbid accumulation grows to be excessive, these all become buried in fat, which mechanically interferes with both function and nutrition.

THE CAUSES OF OVER-FATNESS.

According to my observations there are four common causes of over-fatness:

Congenitally small lungs with defective oxygenating capacity.

Eating excessively of all kinds of food.

Want of lung-expanding exercise.

Alcoholics to excess.

THE ANTI-FATS.

There are numerous well-known agents that more or less effectually reduce surplus fat, and also counteract its return. Among these, Iodine, Bromine, Mercury, Lead, Arsenic, Liquor Potassium, Lemon Juice, Sour Wines, Vinegar, Purgatives, sweating, semi-starving, baths of various kinds, smoking and chewing, fish diet, Bladder Wrack, Phytollacca, Gulf Weed, and various quack nostrums, each have more or less reputation for diminishing weight.

Some of these, when taken sparingly or for a short time have a proper place and a useful power, but unfortunately, when used in quantities sufficiently strong, and long enough continued, to destroy any considerable amount of

fatty tissue, they likewise injure other structures ; therefore, are necessarily dangerous to health. Besides, they all act either by saponifying the fat or by producing numerical cell-atrophy, either of which exerts a powerful influence on the lymphatic and absorbent systems, and not only causes re-absorption and destruction of olein, stearin, margarin, protoplasm, nuclei, and other physiological constituents of the fat-cells, but goes further, and annihilates myriads of cell-membranes, red globules and other normal and essential elements of the economy ; and as these perish, all histologists know, vitality is reduced and health is impaired.

It is also well known that, while affecting the fat, many of these articles also act as slow poisons, and damage or ruin the alimentary mucous membranes and the functions of digestion ; and thus cause mal-assimilation and mal-nutrition, with repugnance to food. These, therefore, are all doubly injurious ; and if used too heroically, or continued beyond a certain period, anæmia, general debility, marasmus, consumption or other fatal affections may be induced.

VARIOUS RATIONAL AGENTS.

No one but an idiot, however fat, wishes to endanger his health by unwise efforts to reduce it ; and many over-weighted persons, anxious to throw off their flesh burden, and aware of the danger of using anti-fat drugs, determi-

nately avoid them, and resort to pedestrianism, bicycling, gymnastics, rowing, massage, electricity, restricted sleep, thyroid extract, skimmed milk and other popular means ; while a few begin a regular dietary system : Banting's, Oertel's, Ebstein's, Bruen's or others, which all aim to limit the supply of elements that form fat, and to increase its reabsorption ; and I am glad to say, to the honor of their founders, that every dietary system with which I am acquainted seems to be based on rational principles.

But, ball-and-chain rules and iron-clad regulations, requiring daily discomfort, long-suffering, semi-starvation, abstemious dieting, etc., no matter by whom recommended, are rarely persevered with to a successful degree, by persons with simple over-fatness, and we rarely meet any one wreathed in fat, who has not begun on one or another, or several different plans, and after awhile become either careless or disgusted, and given them up.

MY METHOD.

Neither with cases of enormous obesity nor with celebrities of fabulous proportions, nor with over-fat invalids or semi-invalids have I had any special experience, but if any healthy person, whether male or female, weighing less than 300 pounds, *with simple uncomplicated over-fatness*, wishing to make a fair, honest

and faithful trial of my plan to diminish overfatness, will begin and drink a large glass of Kissengen Water, twenty or thirty minutes after each of three daily meals, one day, and a similar glass of Vichy Water after each of the three daily meals the next day, and persistently continue to take them thus, week after week, he will gradually lose fat, until he comes down to medium weight and stoutness, and be correspondingly relieved of the discomforts and the dangers of obesity ; after which their use should be discontinued.

The natural Kissengen and Vichy waters, when fresh, answer our purpose equally well, *but I have learned to prefer the artificial compound made by the chemist's ingenuity* to imitate the natural waters when the springs (Rakoczy and Grande Grille) are at their best, because, to be successful, both waters should be used while still fresh, and as the natural waters are brought from afar, there is danger of their becoming so stale and altered before use as to be wholly unreliable, and in actual practice I have found the artificial waters to be equally, or even more definite in quality than the natural waters, therefore, more certain in their action on fat.

Kissengen and Vichy salts, taken in ordinary water, are said to reduce fatness, but in a lesser degree, owing probably to the absence of the carbonic and other gases ; with them, given this way, I have had no experience.*

* Since the above paragraph was written, I have been furnished with abundant proof that Kissengen and Vichy Salts, both plain and effervescing, do act efficiently

A FEW RULES TO OBSERVE.

It is useless to take either Kissengen or Vichy alone, as they act only when both are taken, and taken alternately. The temperature at which they are used is immaterial.

While using the Kissingen and Vichy, the person should, as a necessary guide, take note of his girth and weight ; by taking his measurement, and by carefully weighing his body in the same clothes, and on the same accurate scales, every two or three weeks, and if he has lost more than a couple of pounds for each week, take a *smaller* glass of each each time, and if he has lost less than a couple of pounds for each week *squeeze a few teaspoonfuls of lemon juice into each glass of the Kissengent, to increase its acidity, and also add one teaspoonful of the Aromatic Spirits of Ammonia to each glass of the Vichy*, to increase its alkalinity. He can further aid them by using acidulous food and drinks on the Kissingen days, and avoiding them on the Vichy.

He should also lend assistance to the action of the waters, not by a too restricted diet, which is not good even for the obese, but by using starches, sugars, fats, alcoholics and all other fat-forming food, but sparingly ; avoid over-eating, and take neither food nor alcoholics, except at the regular meals ; also take

early and light suppers, so that during the longest of the three intervals between meals, there may be little pabulum for fattening; and favorable conditions for reduction; and especially that there may be complete emptiness of the stomach during sleep, so that nature may then utilize some of his surplus fat as fuel for the ceaseless wear and tear. He should also take moderate outdoor exercise, on foot or wheel, or in any other way that will increase and deepen his respiration, and promote tissue oxidation.

RESULTS.

After drinking these waters and following these rules for a while, he will find he is losing part of his girth and a couple pounds of avoirdupois every week, and that the loss consists entirely of useless fat; that his appearance, activity and feelings will all be improved—just as if there exists some natural antagonism between these waters, taken in this way, and adipose tissue; more especially that located in the great fat centres already mentioned.

MODE OF ACTION.

Now, while it is extremely difficult to search out the ultimate of anything in physiology—for instance, why opium relieves pain, and

colchicum benefits gout—yet, after studying this subject thoughtfully, I am quite sure there exists either a specific physiological action or some definite chemical affinity between Kissengen and Vichy, taken by this rule, and abnormally-fat human tissues, that results in a lessening of the fat, with neither purging nor sweating, or injury to brain, blood, muscle or general health; but how, or why, I cannot yet explain.

They may reduce adipose and prevent further infiltration or storage, in either of several ways: One is by merely inhibiting or controlling the disproportionate activity of fat-cell nutrition; thus placing less fatty pabulum and more blood, brain, muscle, nerve and gland elements at the disposal of the absorbents, while the fatty tissue and oily material of the body, being the most lowly organised, are naturally the first to be removed by the corrected physiological processes.

Or, we may find that they act as alteratives and restore equilibrium to the nutrive processes by destroying or neutralizing some morbific fat-forming agency, occult derangement of digestion, or perversion of assimilation, that have been causing diminished oxidation and a consequent accumulation of fat.

Again, when we study their analysis, and consider the complexness of the medicinal

ingredients that lie hidden in each glass of these waters, another rational hypothesis arises: Kissingen being an acidulous *saline*, and *Vichy* an *alkaline*, and both containing salts of calcium, magnesium, potassium, sodium and other minerals, in decided and definite quantities, united with carbonic acid and other gases, it seems logical to suppose that, when *alternately* mingledwith the food-pulp or chyme in the stomach and intestines, day after day, their special combination of ingredients bring about a reduction by some chemico-physiological readjustment of the alkalinity and acidity of the blood and the visceral fluids, or possibly, of both humors and solids, and that this readjustment makes the fat-yielding pabulum less plentiful and less rich, therefore less favorable for fat-creation, and metabolically explains why increase of fatness ceases and why reabsorption of the surplus contents of the fat cells begins, and also why this physiological reduction and reconstruction results, all uniting to prove that Kissingen and Vichy, taken by this plan, are a reliable combination for preventing increase and reducing surplus fat to the normal proportions of one to fifteen or twenty.

THEIR UNMISTAKABLE POWER.

But, whatever their exact mode of action may be, there certainly exists some natural and well marked antagonism between these

two waters taken thus, and adipose material, that tends to restore a normal balance between the quantity of it and of other tissues. This has been proved again and again. In some cases, however, the direct and immediate effect of Kissengen and Vichy is more perceptible than in others, because some types of fatness reduce more easily and more rapidly than others. The more firm and solid the flesh, and the longer one has been fat, the more slowly it yields. Such a one, if quite fat and belonging to a constitutionally fat family, with proportionately small lungs, might require a persistence with Kissengen and Vichy methodically for six months, or even longer, unless the ammonia and lemon juice are added regularly. Ungovernable appetite, failure to exercise, tippling, etc., may also retard or prevent success.

In some of these "stubborn" cases a considerable decrease of size, with but little lessening of weight, has been observed.

In addition, Kissengen and Vichy not only reduce over-fatness, but also tend to permanently correct the irregular and excessive fat-making activity on which it depends, without injury to health. The person gradually becomes thinner, looks healthier, and feels younger and more active, as his (or her) superabundance disappears. At the same

time the skin being an elastic and active tissue, contracts correspondingly, leaving neither flabbiness nor wrinkles, bagginess nor crow's-feet, while brain, muscle, nerve, blood and glandular nutrition and strength, all remain normal, proving that this method does not cause either pathological diminution or morbid shrivelling, from inanition or loss of strength, or constipation, with cachexy, from impaired digestion, as the various "Anti-fat" blood depuratives and glandular eliminatives are notoriously apt to do.

To properly appreciate this fact it must be remembered that a person in normal flesh has as much blood, and usually better blood, than a similar person whose weight has been ever so much increased by fat, and that Kissengen and Vichy act on the fat, and not on either the blood, the glands or the bowels.

HOW FIRST OBSERVED.

My attention was first called to the peculiar power of this combination over fat fully five years ago, in this way: Mr. McK—, a hearty looking, middle-aged gentleman, who was consulting me for an unimportant affection of the throat, informed me that in addition to this he had lost about thirty pounds of flesh within the last half year, without sickness,

loss of appetite, or any other apparent reason, and that he was mystified and unable to discover the cause.

On inquiry I gleaned nothing important, except that for several months he had been following the habit of drinking Artificial Kissengen and Vichy Waters daily, under the belief that, being called for so often by soda water patrons, they must be good for one's health.

His throat being better he soon passed from my care, with his loss-of-weight mystery unsolved.

The following year Mr. J. H. H—, a young man of thin visage and notable leanness in general, asked me the cause of his losing nearly nine pounds in weight. Among other things, I learned that for a year or more he and a companion had been daily visitors to a near-by soda water fountain, and tiring of the various syrups, they had changed, five or six months before, to Kissengen and Vichy, and that shortly thereafter they both noticed that they were getting thinner and thinner.

Remembering Mr. McK—'s decrease, and putting this and that together, I told him of the resemblance, and caused him to discontinue

Kissengen and Vichy immediately. Emaciation shortly ceased, and under tissue-building tonics he gradually regained what had been abstracted from his scanty stock of fat.

Feeling quite sure that I now had a clue to the mystery, I sought out Mr. McK— to tell him, but suspecting the waters himself, he had long since quitted them, and his loss of weight had ceased, making him quite sure as to the cause.

A few months after this, friend McK— called at the office with a young Canadian, Mr. W. D. W—, a bar-tender, whom he had incidentally met, and wished me also to see. His weight, under the liberal use of Kissengen and Vichy, had fallen during the past summer and fall from 223 to 180 pounds. He explained to me that, being a bar-tender, he was kept in constant contact with liquor drinking, and being pledged against all intoxicants, yet not wishing to offend customers, he would take a dozen or more small glasses of either Kissengen or Vichy daily, drinking whichever they had most of in stock.

He further informed me that his decrease in weight, and a striking rejuvenescence in his appearance, activity and feelings, began

shortly after commencing this habit. His lessening in weight had also ceased promptly after Mr. McK— had caused him to discontinue them.

This was more than three years ago. His size still remains at comfortable stoutness, and his weight keeps below 200 pounds.

THE PROPER HOURS AND QUANTITIES.

Anxious to utilize this discovery, and determined to neglect nothing in pursuit of the truth, Kissengen and Vichy have since been experimented with by me, and by others, on different fat-laden persons at various hours and in varying quantities, and as the result, I would recommend their use in the quantities and at the hours already mentioned, since these, in my opinion, constitute the most effective time and quantity.

At a recent interview Mr. W. D. W—, the bar-tender, told me that constantly fearing his superabundant fat may again force him above ordinary stoutness, he has adopted the habit of drinking a few glasses of Kissengen and Vichy daily, for ten or fifteen days, several times a year.

Governed by this and other cases, I would advise those with a smaller degree of over-fatness, who wish to effect a slight and gradual reduction of size; and also those merely seeking to reduce unsightly chin, facial, bust, hip or abdominal fat, or to keep their general bulk down to the natural, to drink Kissengen and Vichy *now and then* instead of adhering rigidly to the regular system.

When the excess is chiefly below the waist, causing what is called "large stomach," wearing an abdominal supporter, or a moderately tight abdominal binder, while pursuing the method, makes the fat disappear much more promptly from this locality, and also braces up the reduced form as absorption progresses.

My father, Dr. D. W. Cathell, has recently, at my request, tested this method on nearly a dozen cases of over-fatness, with favourable results, and I hold in my hand now the records of eleven cases, seven males and four females, who have used Kissengen and Vichy, more or less methodically, with the following positive results: A fat grocer, reduced from 310½ to 289 pounds in eleven weeks; bar-keeper reduced from 223 to 180 pounds in nineteen weeks; a lawyer reduced from 191 to 173 pounds in fourteen weeks; young real estate agent, from 173 to 151 pounds in twelve weeks; clergyman reduced sixteen pounds in nine weeks; lady, aged 28 years, from 286½ to 264 pounds in thirteen weeks; stout actress, from 173 to 166 pounds in seven weeks; young English lady,

from 149 to 142 pounds in five weeks; conductor on steam cars, from 183 to 174 pounds in six weeks; lady, aged 41, from 173½ to 160½ pounds in eleven weeks, and that of a well-known physician, who was reduced by an irregular use of Kissengen and Vichy from 211 to 196½ pounds in nine weeks.*

Fortified by such observations, I do not hesitate to assert, that

THE HEAVY LADEN,

who are suffering with the fat-forming diathesis, and wish to reduce their surplus to healthy limits, and to regulate its further formation, can do so by avoiding over-eating, limiting the use of sugary and starchy articles, fatty and oily food and the alcoholics and using Kissingen and Vichy waters, by the rules already mentioned.

Based on equally clear proof, I am also equally convinced that the lean, the puny, the slim, the pale and the flabby; those with weak hearts, irregular circulation, poor vitality or limited health; together with all that numerous class of

FEATHER WEIGHTS

whose percentage of fatty tissue is so scanty that they should either try to increase the

*Note to the Ninth Edition.—Since this paper was published, very many reports of the successful use of Kissingen and Vichy have reached me, varying from the loss of fifteen, twenty or thirty pounds, up to ninety.

number and fulness of their fat-cells, else let them remain as they are, should seek good, nutritious food, fresh air and moderate exercise, and avoid mineral waters in general, and Kissingen and Vichy in particular.

My sole object, Mr. Chairman, in bringing before you a subject so far separated as this from the speciality to which I limit my practice—The Nose and Throat—is, that having observed what I believe to be a valuable therapeutic fact, I feel it my duty to lay it before the profession.

1308 N. Charles Street.

In connection with the suggestions in Dr. Cathell's Essay on the Kissingen and Vichy treatment for over-fatness, Dr. Cathell has written to Alfred Bishop, Ltd., informing them that he is now using only their Granular Effervescent Kissingen and Vichy (or Varalettes of the same) in his practice, as he finds he obtains far better results with Kissingen and Vichy of their manufacture, than with those of any other maker.

Dr. Cathell is himself sending out this little booklet to all enquirers.

These preparations are of definite proportion, stable in condition, containing accurate doses of the chemical constituents of the natural waters, and are always fresh. Being added to either hot or cold water at the time of using, they produce a clear sparkling draught of pleasant taste and prompt action.

GRANULAR EFFERVESCENT

SALTS OF KISSINGEN & VICHY,

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ALFRED BISHOP, Ltd.,

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For the preparation of artificial waters these "granular effervescent" salts are especially suitable. They give a refreshing draught, and may be relied upon as presenting at the same time the chemical ingredients of the natural waters. It is obvious that in this form the granular effervescent preparations present many advantages over the waters themselves. While the constituents of the natural springs are reproduced, the Salts are extremely portable, more economical, and with them a sparkling, refreshing draught is procurable in any quantity at any time.

KISSINGEN SALTS.

The waters are laxative, and give tone to the various organs. They are used in indigestion, and obstruction of the kidneys. In the granular effervescent form the unpleasant taste, which, to many persons, is the objection to the natural water, is greatly modified.

VICHY SALTS.

The principal salt present in this water is bicarbonate of soda; it also contains salts of potash and magnesia, and a small amount of iron. These springs are taken for gravel, gout, indigestion, congestion of the liver, and anæmia.

BISHOP'S VARALETTES

(COMPRESSED EFFERVESCENT TABLETS)

OF KISSINGEN AND VICHY.

Alfred Bishop, Ltd., now produce a line of Varalettes (compressed effervescent tablets), each containing an accurate dose of the chemical constituents of these popular mineral waters. These supply at once, when added to hot or cold water, a pleasant, sparkling draught, identical with the properties of the natural waters. They are put up compactly and can be easily carried.

Their portability recommends them to travellers and others requiring medicated waters, and who have no facilities for carrying a quantity of the cumbersome bottles in which these natural waters are contained.

Note instructions on page 9 that the Kissingen and Vichy waters be taken alternately, or as an alternative and for greater convenience of travellers and others the Varalettes of Kissingen and Vichy are of particular value to the busy merchant and professional man, as they can be kept on the desk, *always ready* for use, only requiring a glass of water to make them available after lunch.

A bottle of each at home, to be used after breakfast and dinner, and another of each at the office to be used after lunch, supplies a perfect treatment.

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In a recent letter received by Alfred Bishop, Ltd., from Dr. Cathell, he says, "A great many patients prefer your Salts. I myself consider your Salts reliable. If I had some of your reprints when I am asked about which Salt I consider reliable, I could send them of yours."



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